# Should we sleep after dinner?

See page 157.

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# HEALTH

A WEEKLY JOURNAL OF

## DOMESTIC AND SANITARY SCIENCE.

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Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XI.—No. 270. FRIDAY, JUNE 8, 1888. [PRICE TWOPENCE.



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# HEALTH

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, JUNE 8, 1888.*


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## Notes by the Way

BY THE EDITOR.

**"Health is the foundation of all our physical happiness."—*Herder.***

DR. CHARLES, writing regarding the uses of glycerine, says that few people realize the importance of the uses of pure commercial glycerine, and how it can be used and made available for purposes where no substitute is found that will take its place. As a dressing for ladies' shoes nothing equals it, making the leather soft and pliable without soiling the garments in contact. Where the feet sweat, burnt alum and glycerine—one of former to two of the latter—rubbed on the feet at night and a light or open sock worn, the feet washed in the morning with tepid water, will keep them during the day free from odour, so disagreeable to those persons who are sufferers.

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FOR bunions and corns Cannabis indica and glycerine, equal parts, painted on the bunion or corn and bound around with Canton flannel, adding a few drops of the liquid to the flannel where it comes in contact with the affected parts, will soon restore to health. As a face lotion, oatmeal made in a paste with glycerine two parts, water one part, and applied to the face at night, with a mask worn over, will give, in a short time, if faithfully pursued, a youthful appearance to the skin.

❖ ❖ ❖

As a dressing in the bath, two quarts of water with two ounces of glycerine, scented with rose, will impart a final freshness and delicacy to the skin. In severe paroxysms of coughing, either in coughs, colds, or consumptives, one or two tablespoonfuls of pure glycerine in pure rye whisky or hot, rich cream will afford almost immediate relief; and to the consumptive a panacea is found by daily use of glycerine internally, with the proportion of one part of powdered willow charcoal and two parts of pure glycerine.

❖ ❖ ❖

THE medical press has of late been recounting a case in which, according to a Mexican journal, remarkable experiments in skin grafting were made on an obstinate ulcer left by a large carbuncle. More ordinary means having failed to cause it to heal, the physician applied three skin grafts taken from the patient himself. Of these only one succeeded, and the man expressed so much repugnance to the proceeding that another source had to be found for subsequent grafts. A cock was selected, and fragments cut from his gills; these were split, divided into ten pieces, and the raw surfaces applied to a freshened portion of the ulcer. A carbolized dressing was then bandaged on, the whole being constantly moistened.

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ON the third day, on the dressing being removed, all the ten fragments were found organically adherent. A number of new grafts were then applied, cut from the comb, the gills, and the skin of the back of a chicken. None of these were successful. The cock's gills were again resorted to, and four more fragments successfully grafted. A fresh set of grafts were prepared from this source; but all the cellular tissue was cut or scraped away, in some cases little but the epidermis or outer skin being left, in others the edges being bevelled, so that the epidermis was in direct contact with the raw surface of the ulcer. This set of grafts proved very unsuccessful, so that Dr. Altramirano, the physician in question, was led to the conclusion that no advantage is gained by applying the epidermic layer immediately in contact with the surface of the ulcer.

❖ ❖ ❖

THE *Lancet*, speaking of children's dress, says that now that summer is nigh the attire of children should be supervised from a health point of view. Fur-lined hoods, it adds, are making way for light sun hats; thick woollen garments are disappearing, and thinner clothing is taking their place; gaiters are removed, and little legs exposed with a thin covering of sock. These changes, we are told, are necessary because the children come in so heated from their play. This is doubtless true, and an alteration which is needful probably works no harm


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when the children come home to bed or to play in rooms free from draught. But harm may result from over-caution, from discarding capes and leggings while the body is still warmly enveloped in flannel.

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THE whole *rationale* of children's dress, continues the journal, is that the warmth should be evenly distributed. It is at once irrational and unsafe to leave the neck, arms, and a part of the chest exposed, while warmth of the lower portions of the body is maintained with winter precautions. The brisk movements of a young child will frequently counterbalance the errors of dress, by distributing heat to all parts through increased activity of circulation; but when the child runs to a shady seat to rest and to cool, such clothing is full of danger. Poor children with a breezy covering of rags which allow of equal cooling over the whole body are much more safely clad in this season than those whose bodies are closely clothed, while arms, legs, and neck are left exposed to the wind.

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TOURISTS in Scotland will welcome the very neatly got up "Guide Book" issued by Mr. Macbrayne, of 119, Hope-street, Glasgow (at the modest price of sixpence), and intended to describe the various tours which may be made by means of the fleet of steamers under his control, and of the railways and coaches in connection therewith. No tourist who has once set foot on board that floating palace, the "Columba," is likely to forget the enjoyment experienced during the day's sail on board this "greyhound" of the Clyde, while the deep-sea steamers "Gladiator," "Clansman," "Clydesdale," and "Claymore," are equally well-appointed boats, and carry the voyager safely and comfortably to the Highlands and Islands of the North.

✿ ✿ ✿

For the modest sum of £3, tourists' special cabin tickets are issued for six separate or consecutive days' sailing in Mr. Macbrayne's steamers. A sea voyage at the above rate is a cheap luxury, and the *commissariat* arrangements on board the steamers are beyond all praise. Those who desire to know how to spend a cheap and wholesome holiday should invest in Mr. Macbrayne's "Guide," containing, as it does, information regarding a day's sailing on the Clyde, or a week's tour among the northern islands. The "Guide" is beautifully illustrated, and will form a pleasant *souvenir* of a visit to some of the most beautiful scenery not only north of the Tweed, but in the world at large.

✿ ✿ ✿

THOSE persons who delight in sea-voyaging as a holiday recreation may be recommended to note the special advantages offered by the "London and Edinburgh Shipping Company's Steamers," which sail regularly between Hermitage Wharf, Wapping, London, E., and Leith; thus placing the tourist within easy reach of the principal towns and sights of Scotland. I well remember voyaging from London to Leith on board the "Iona," commanded by that most courteous of men — Captain Raison. The trip was of most enjoyable nature, and the appointments of the steamer perfect. The vessels of this line are now lighted by electricity, and for speed cannot be surpassed. Their engines are of the newest type, and the trip from Thames to Forth is accomplished, I believe, in some twenty-four hours or so in good weather. Circular tours round Land's End and by Bristol Channel are arranged for in connection with those steamers, which, in thus rendering a sea-trip possible of accomplishment at a very reasonable rate, may truly be described as "ministers of health."

# Original Essays

**"Life is not to live, but to be well."—*Martial.***

## THE SELECTION OF FOOD.

BY DR. A. CRESPI.

IT is most important not only to select wholesome food, but food capable of yielding a large amount of nourishment. The best way for fitting food for digestion is to cook it properly. This makes much food, which would otherwise be thrown away, nutritious; and it can then be eaten with perfect impunity. Unfortunately medical officers of health condemn anything intended for food which is at all tainted, or suspected of being diseased, and in this way immense quantities of nutritious and, when properly cooked, wholesome, food are thrown away. The folly of blind adherence to the letter of the law is evident when it is remembered that game considered in prime condition by an epicure would be condemned were it exposed for sale.

The inhabitants of many parts of the world eat meat from choice, which, to a health officer, would appear high and unwholesome, and do not suffer. The explanation is that cooking renders tainted food wholesome, and that gastric juice, with its antiseptic properties, has the power of retarding decomposition. It is well to remember, however, that animal food kept unreasonably long has its nutritious properties greatly diminished. A joint should be hung until tender, but should not be kept till active putrefactive changes are going on; not that health would necessarily be endangered, but because the dietetic value of the food would be diminished.

What are called inferior joints may be eaten with safety, but as they are not so nutritious as joints of a better quality, they should be bought at a moderate price, to make them a wise speculation on the part of the consumer.

The price of a food, the reader should be reminded, represents, not its dietetic value, but the cost of the labour required to prepare it for and bring it to market. If a shilling expended on one food gives the consumer as much nutriment as a sovereign laid out on another, the former, other things being equal, is greatly more economical. Peas, beans, and Indian corn can, when thoroughly cooked, take the place of butcher's meat, and are admirably adapted for all the purposes in the human economy for which animal food is eaten. The former are, moreover, much cheaper. A shilling expended on ground peas purchases as much flesh-forming material as would be obtained from six or seven times as large an expenditure on meat.

It is more especially the poor to whom a knowledge of this ought to be of the greatest value. Wheaten flour is remarkably nutritious and digestible, so are potatoes; but the latter are not so nutritious, weight for weight, as the former. When bread is three times the price of potatoes per pound, the latter are more economical; when potatoes are half the price of bread, they are the dearer food. Again, rice at twopence the pound is less economical than bread at the same price. It would be correct to say that rice at two-thirds the price of bread would not be, as an article of diet, cheaper than the latter. This proves how important it is to find out how many grains of wholesome, nutritious food the same sum expended on different articles will purchase. This is the only way in which a useful comparison of their relative alimentary and dietetic values can be made.

Considering the importance of knowing how to select cheap and wholesome food, no woman, whatever her position, should nelect to become a proficient in the matter.

The following simple rules for the guidance of the purchaser may be of service:—

Meat should have a marbled appearance, from the mixture of fat and muscle; this shows that the animal was properly fed. The flesh should neither be light nor dark; the former would show that the animal was too young, and young meat is more watery and less nutritious than that of older animals, the latter would prove that a natural death had terminated existence. The fat should be firm and dry, and should not be stained with specks of blood. Good meat ought to dry on the surface after hanging a couple of days; its fibres should not be excessively coarse, and its odour should be slight and not disagreeable. The best ways of detecting unpleasantness are to mince a piece and to wash the little bits in warm water, or the blade of a perfectly clean knife should be passed through the joint. In the former case, the washed meat should not have a disagreeable odour; in the latter the knife should not be unpleasant. Parasites may be found in what seems to be meat of the highest quality; only a good microscope in the hands of a practised observer will detect the smaller. As exposure to a high temperature destroys germs of disease from this cause, it is not necessary to give oneself any special anxiety about parasites, all one has to do is to see that the joint is well-cooked. Lastly, the fluid which comes from uncooked meat should be small in quantity, and agreeable to the taste.

Good flour ought to have a pleasant flavour and an agreeable odour. It should be free from lumps. A rough test of its purity and quality is that when made into dough with a little water, the dough should be firm, and admit of being drawn out into long, fine strings. Bread, when wholesome and of superior quality, should be firm and interspersed with a multitude of small cavities. Its flavour should be pleasant, and its colour white, unless a large quantity of bran is present.

Milk, put in a long glass vessel ought to be opaque, and should, on standing for a few hours, give no deposit. Its specific gravity rapidly diminishes as its quality becomes poorer, either from the plentiful admixture of water or from the bad health of the cow. It is well to remember that genuine milk has a specific gravity of 1,030 while that of water is represented by 1,000. Should the specific gravity of the former fall as low as 1,026 it shows that there has been an addition of water to it, or that, though genuine, it is poor. A mixture of equal parts of water and milk has a specific gravity of 1,015, and three parts of milk and two of water one of 1,018. A simple and cheap instrument, called a lactometer, can be got at any chemist's, and a little practice enables an intelligent person to come to a fairly accurate conclusion as to the purity of samples of milk. Pure butter ought not, when melted, to give a deposit, and should easily dissolve. The oil from it should be clear, and ought not to have a rancid and unpleasant taste. Soft and leathery cheeses are not easily masticated, and contain a large percentage of water. Fresh eggs are more transparent through the centre, when held up to a strong light, stale ones more opaque there. A solution of one part of salt to ten of water is a capital test; eatable eggs sink, stale ones float.

Vegetables, such as turnips, potatoes, and carrots, should be firm, and are most nutritious and digestible when fresh, and free from defects and cavities. They should be carefully boiled until thoroughly soft and digestible, then they rarely disagree. Even radishes and lettuces, the former more especially very indigestible, make capital dishes when boiled long enough and eaten like turnips or cabbages. Green tea can never be uncoloured, and ground coffee is seldom pure, at least when purchased at the grocer's. Fish, when gelatinous and watery, is not fit for food, nor is it nutritious. It is in season when the milt and roe are ripening, and has then the greatest value as food. Few diets are more economical and agreeable than those containing abundance of fresh, firm fish. On the whole, fish, the white kinds especially, is less nutritious than the same weight of butcher's meat. It is probable that the flesh of red-blooded fish, like salmon, is nearly perhaps as valuable, weight for weight, as beef.

The above rules do not pretend to do more than teach the reader to avoid gross blunders. They do not descend to details. Experience and attention will alone make a successful and economical cook.

## "LIKE BEGETS LIKE."

By Dr. E. J. Dungate.

TENTH PAPER.

Schook, who wrote a treatise "De Aversione Casei," belonged to a family the members of which had a very strong antipathy to cheese. Some were thrown into convulsions by it. Lucas says: "In a family of our acquaintance the father and mother like cheese; the grandmother had an extreme dislike for it. Four of the children share in the same dislike." Some people have the nettle-rash whenever they eat crab or lobster, and this peculiarity has been inherited. Zimmerman mentions a family, who, whenever they drank coffee, were overcome by drowsiness. Coffee acted upon them like opium; but, strange to say, opium had no effect upon them. Dr. Elam states that in some families the slightest amount of opium or mercury acts as a powerful poison. Montaigne tells us, in his incomparable "Essays," that his family had all an unconquerable dislike to physic and physicians. An ancestor of his was informed that if he refused medical assistance he would surely die. Frightened at this assertion, he cried out, "*Je suis doncques mort!*" As most people are aware, there are also very important idiosyncrasies in connection with anæsthetics, and the bromides and iodides.

In the *Gazette des Tribunaux*, 21 Mai, 1844, we notice the following: "A soldier of the engineers, who derived from his father an invincible repugnance to all food composed of animal substances, was unable during the eighteen months he spent with his regiment to overcome his aversion, and he was obliged to quit the service." On the other hand, there are people who appear to inherit a strong liking for all kinds of animal food. Gluttony is also sometimes hereditary, for we notice in the "Memoirs" of St. Simon this author relates that Louis XIV. was extremely gluttonous, and all his family shared the peculiarity. Perhaps, in connection with peculiarities concerning food, the strangest one that we have yet found is given by Dr. Prosper Lucas, who mentions a family residing in Bristol in which the habit of chewing the cud was hereditary.

Now let us notice a subject which must be of high interest to all, namely that of the inheritance of intellectual capacity. Every schoolmaster, who has lived in a remote town, and had the advantage of teaching two generations of pupils, must have remarked the extent to which the capacity for learning is inherited, and that children commonly have tastes similar to those of their parents. It has been remarked that the children of

parents whose occupations cause them to continually use figures are much quicker at arithmetic than those of other parents; children of classical scholars learn Latin and Greek more readily; those of uneducated parents are proverbially dull. M. Girou says: "Acquired capacities are transmitted by generation, and this transmission is more certain and perfect in proportion as the cultivation has extended over many generations, and that of one parent is less opposed by that of the other. Children receive from their parents, with the impress of their habits, all the shades of capacity, aptitude, and taste which have been the fruit of such habits." The question is, however, somewhat complicated, because it is impossible to say to what extent the bent of a boy is determined by home influences rather than by an innate tendency. This much is certain, that no greater mistake can be made than that of regarding the mind of a child as a *tabula rasa*, upon which the educationalist may write exactly what he pleases.

No one can read Dr. Galton's book on "Hereditary Genius" without being perfectly convinced that intellectual power is hereditary. People are so apt to think that Nature, ever wayward and capricious, suddenly produces a man of unusual intellect in a family, and then, having exhausted her material, she allows many generations to pass before she permits another to appear. This is by no means true. By the shewing of Dr. Galton it is perfectly clear that the opinion of Bacon, that "great men have no continuance," is utterly untenable. If the reader will turn to "Hereditary Genius," he will find proofs that the majority of eminent men of whom we know anything were connected with people of more than average ability, who, if they were not so eminent (and reputation is no sufficient test), were never placed in such favourable circumstances, but away from the world's bustle,

> "Along the cool sequestered vale of life,
> They kept the noiseless tenor of their way."

Examples to support our theory are abundant. Amongst literary men and women who have belonged to families distinguished for their ability are such writers as Hallam, Macaulay, Porson, Swift, the Marquise de Sévigné, and Madame de Staël. Amongst scientific men we find Francis Bacon, John Hunter, Robert Boyle, Franklin, Harvey, Herschel, James Watt, Sir Isaac Newton, and Darwin. The poets yield Byron, Coleridge, Dryden, Goethe, Wordsworth, and Hook. It is in connection with the fine arts, however, that the most remarkable instances are found. For nearly two centuries the Bach family was noted for its musicians. Papillon remarks that the descendants of Veit Bach "over-ran Thuringia, Saxony, and Franconia. They were all organists, church singers, or what is called in Germany 'city musicians.' In the family are reckoned twenty-nine eminent musicians, and twenty-eight of a lower grade." In Beethoven's family there were several musicians, and Mozart's father was a *Capellmeister*. In the family of Titian there were no less than nine celebrated painters.

It has become quite a common opinion that so far as intellectual ability is concerned men owe much more to their mothers than to their fathers — as the French saying has it: *chien de chienne, et chienne de chien*. Montegazza, a celebrated Italian naturalist, had a strong belief in this cross heredity. He accumulated evidence to show that the chances of defect in offspring increase with the closeness of *maternal* relationship. According to him the danger of marriage between cousins decreases in the following order:

1.—Marriage between children of two sisters.
2.— ,, ,, ,, a brother and sister.
3.— ,, ,, ,, two brothers.

The principle reason which he puts forward as an explanation of this law is the fact (as he asserts) that all people inherit more from their mothers than from their fathers.

Mr. Starkweather, in his work, "The Law of Sex," says, "Most men owed their superiority to their mothers, and this is commonly expressed by the saying, "great men have great mothers"; while, on the other hand, the women known as celebrities reflect the genius of their fathers: Sarah Castor, the mother of John Milton, was a woman of incomparable virtue and goodness. The mother of Napoleon the Great was noted for the qualities her son displayed; the mother of Byron for several of her son's leading characteristics. Marcus Aurelius inherited the virtues of his mother, and Commodus the vices of his. Charlemagne shut his eyes to the vices of his daughters, because they recalled his own. Cornelia, the mother of the Gracchi, was a daughter of Scipio. Arete, Hypatia, Madame de Staël, and George Sand (Madame Dudevant), all had philosophers for their fathers. The mother of Tasso had the gift of Poetry. Burns, 'Rare Ben Jonson,' Goethe, Scott, and Lamartine, were all of them sons of women remarkable for their vivacity and brilliancy of language."

We remember, too, that the mothers of Buffon and of Dr. Johnson were women of unusual intelligence, and also that the sons of Oliver Cromwell and his gentle wife were, as Prosper Lucas says, "Arcadian shepherds." If intellectual capacities are derived from the mother rather than from the father then it is necessary to suppose in the case of families of geniuses that no man has condescended to marry a stupid woman. One can readily believe that the chances are in favour of a man of genius marrying an intelligent wife. But is this sufficient to account for all the pairs of geniuses which we know? For the two Pitts and the two Foxes? Dr. Elam gives a list to prove the heritage of genius: "The two Scaligers, the two Vossuises, the two Herschels, the two Coleridges, the Malesherbes, the father and son Montesquieu, the two Sheridans, and the Kemble family, may furnish additional illustration as to how frequently talent is allied to talent. Mirabeau, the father, contained, so to speak, Mirabeau the tribune. The family of Æschylus numbered eight poets." It is utterly impossible to deny that many great men have been right in attributing their greatness to their mothers; but was it due to heritage alone, or to both that and the fact that the home teaching (which is more important than school teaching), and the very earliest teaching, was done by the mother herself? She it was who reared the tender thought and nourished the noble impulses which were inherited from her. Early example and precept have so much to do with the lives of men that the question as to how much heredity has done is a very complicated one.

Whatever laws one may formulate concerning the influence of heredity, one is obliged to confess after a prolonged study of the subject that it is often a potent cause in the rise and fall of nations. To what was the darkness of the Middle Ages due? Dr. Galton answers this question in a very satisfactory manner. He maintains that it was due to the practice of celibacy, and to the religious intolerance which characterized the whole of Europe. Every man who possessed a loving and gentle disposition, and was totally unfit to compete in life with the brutal men who surrounded him, found a

refuge in the Church, where celibacy was enforced. No opportunity was allowed to him for the transmission of the noble qualities which characterized him. It was the rudest only who became fathers. The Church went further. Do not our hearts burn within us when we remember that year after year the men of the highest intellectual honour and the men of noblest impulse were imprisoned, tortured with the most cruel instruments that human imagination could conceive, and burned at the stake? What was the result? The acts themselves demoralized the agents and all who witnessed them, so that if the result were the "survival of the fittest," certainly the "fittest" were the most demoralized.

"For seldom does the selfsame stock produce
The monster and the demigod: a line
Of good or evil ushers in at last
The glory or the terror of the world."

Dahl's Cakes.—A correspondent writes as follows:—"I feel bound to write to thank you for your recommendation of Dahl's Dyspepsia Cakes: they have a most beneficial effect in a natural way, without the disagreeable accompaniments which sometimes attend the action of pills and other drugs for constipation. They deserve to be widely known to sufferers from sluggish action of the bowels. I find half a biscuit at a time sufficient."

The attention of the Council of the National Pension Fund for Nurses having been called to the fact that certain misleading statements have been reprinted from the *Lancet*, and circulated amongst the hospitals throughout the country, the Council announce that they are prepared to supply to the managers, officers, &c., of hospitals copies of the reply, which has been prepared by Mr. King, the eminent actuary. Applications for copies (gratis) should be made to Mr. P. Grove, Secretary, 38, Old Jewry, London, E.C.

Longmore Hospital for Incurables, Edinburgh.—We observe in the Report for 1887 of this Institution, which has just been published, that the Committee are earnestly appealing for increased Subscriptions. It is much to be regretted that so valuable an Institution should be allowed to be in need; but it would appear that for the last two years the funds have been decreasing, while the expenses have been increasing—with the result that for last year a loss of something like £1,000 has been suffered. In giving the particulars of the Subscriptions received from this neighbourhood, we would express the hope that the Committee of so practical a charity as the Longmore Hospital will be able in future to carry on their benevolent labours unhampered by any lack of funds. Mr. J. T. Maclagan, 6, North St. David-street, Edinburgh, the Secretary and Treasurer, will be glad to give all information.

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# Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

## VEGETARIANISM.

*Public Health* for May contains (p. 21) an important recital of experiments made by Dr. J. Rutgers. "The question Dr. Rutgers essayed to solve was whether equal weights of vegetable and animal albumen were mutually replaceable as foods. The experiments extended for a period of ten weeks, the subjects being himself and wife; the former, for tabular conciseness, is designated P, the latter M.

"The method of experiment was to select a mixed diet of meat and vegetables of known composition, and having obtained nitrogenous equilibrium, to replace it by a wholly vegetable diet. Both subjects were carefully weighed daily; the weights were also taken of each of the food constituents and of the excreta. The first, or mixed, experimental diet of P. and M. consisted of meat, milk, butter, white bread, biscuits, potatoes, rice, sugar, oranges, with a little tea, red wine, and tokay. After five weeks of this living a vegetable diet equivalent in albumen to the foregoing was, after much difficulty, settled upon. The ingredients were as follows:—Grey and green peas, small white beans (phaseolus vulgaris), butter, Liebig's Extract of Meat, white bread, biscuits, potatoes, oranges, a little tea, tokay, and red wine.

Results.

"The results of the whole experiment may be summed up in a few words. Vegetable albumen weight for weight is equivalent to animal albumen, the nitrogenous balance between income and output being equal with either and health maintained. *There was some discomfort experienced from flatulence and constipation* from the ingestion of peas and beans, which leads Dr. Rutgers to condemn an exclusively vegetable diet. It is to be noted that the acidity of the stomach and renal secretion was found to be less on the vegetable than on the mixed diet."

All this is instructive and very interesting. But one may do well to remember that there are principles in meat that render it most valuable in disease, and quite apart from its albumen. On the other hand, there are in the cereals bland properties which make the grains oftentimes preferable. In low fevers, when the vital powers wane, a little chicken broth or beef-tea (peptonized with Zymine to dissolve the nutriment of the meat), fed in small quantities, frequently repeated, has saved not a few lives. And in convalescence the malts are most beneficial. In consumption, dyspepsia, infant-feeding, they are most nutritious; but of course, in a good malt extract, such as the Kepler Extract of Malt, the grains are robbed of any undesirable action in digestion, and become great aids thereto, as well as forming a demulcent and pleasant food.

The Quinine Works of the World.—Excluding the Government factories (and plantations) in India, where the mixed "bark alkaloids" are prepared, to some extent, for local use, and also leaving the experimental Russian works out of the calculation, there are some eighteen quinine factories in the world, of which the total yearly output is about four and a half million ounces. The number comprises one establishment in Holland, two each in England and Italy, three in France, four in the United States, and no less than six in Germany.

## BEEF TEA.

REGARDING the important medical and social topic of "meat tea," Dr. Jessop writes to the *Lancet* as follows: For many years past it has appeared to me that in the manufacture of meat tea for patients there is an undue waste of material. With your kind permission I beg to submit the following observations on the subject.

In February, 1869, you did me the favour to publish a letter on a cheap and expeditious method suitable for pauper and other patients. I do not say that the result of the process therein described is an agreeable one for continued use, but when food has to be given without delay, till a more perfect decoction can be obtained, it answers well. Recently I have made samples of meat tea from two kinds of shin beef, or gravy beef, and rump beef, with reference to the quantity required to produce a pint of meat tea fit for a sick man's consumption. Starting with the proposition (1) that the essence of meat tea resides in the fibre of meat, and not in the salts contained, it is clear that only a certain amount of muscle should be suspended; (2) that the object of meat tea is not to provide a pure stimulant devoid of nutritive value, but (3) that of giving nutriment to a patient incapable of mastication, and able only to swallow fluid food of high nutritive value in small quantities until the body is so far recovered that the triturating means supplied by nature again become available. Twenty-five years ago, whilst nursing a sick relative night and day, I became aware that a very small quantity of meat alone was necessary to carry out the above object, and that if kept warm it did not become unfit for use, but kept sweet for several days.

Since then I have not wasted pounds of meat in the manufacture of beef tea. In military service a pound of meat (rump beef) is allowed for a pint of beef tea. This is sufficient for four pints if properly utilized. The following plan answers this purpose: A pound of rump beef, or other equally lean beef (not from the shin) is passed through a mincing machine (in India it was chopped up and rolled on a curry stone) twice or three times. This is placed in a properly closed vessel with four pints of cold water (twenty ounces to the pint), and simmered in a pan of water for five or six hours. At the end of that time it is well stirred and passed through a colander. Any fibre which does not pass is well rubbed up with a wooden masher, or in a mortar, mixed with some of the strained liquor, when all will pass through the colander. It is then ready for distribution. There is no waste, and as much meat is suspended as a patient will swallow easily under a competent nurse.

In the time-honoured process of a pound for a pint it is impossible to suspend all the meat in so small a quantity of water. The result is that only a fractional portion of the fibre (about a quarter) is used, but with the salts of the whole quantity. It is more stimulating; but it is doubtful whether this is desirable when so large a quantity of valuable material is wasted, with no advantage to the patient and the cost of production enhanced. If extra stimulation is required it can be effected otherwise. In establishments which manufacture one hundred or more pints a day the meat might, after it has been passed through an American meat cutter (price five guineas), be put into a cylindrical wire cage of meshes, eight, nine, or ten to the inch, and then placed in the digester. This would enable the cook to assist the disintegration of the fibre from time to time by a wooden masher, so that straining would be done away with. As the fibre disintegrated and passed through the openings there would be less and less fibre, till at last all had disappeared.

Meat tea made from rump meat is far superior in flavour to that made from shin beef; a trial with a small quantity (a quarter of a pound) will convince anyone when it has become cold. I satisfied some sceptics on this point. Each one, without knowing, selected of the two samples submitted that made from rump beef as "proper beef tea."

With reference to cost, a stone of shin beef at 4s. 6d. a stone under the old process will yield fourteen pints of meat tea, with a remainder, or refuse (usually sold with the pigs' wash), of about ten pounds. A stone of rump beef at 8s. a stone manufactured on the new plan will produce fifty-six pints of beef tea without remainder or waste. Of course, shin beef can be treated in the same way, but the meat tea is not of so agreeable a flavour and contains more gelatine.

A few days ago a poor woman, between fifty and sixty years of age, had a very severe attack of hæmatemesis. She was fed by enemata of meat tea as above detailed, to the advantage of her pocket and health.

I venture to think that hospitals and such-like establishments will gain financially, while they supply a superior quality of beef tea, by adopting the plan herein advocated.

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RELATIVE MORTALITY OF LONDON AND NEW YORK.—Dr. Roger S. Tracy, registrar of records of the city board of health, has, says the New York *Medical Record*, prepared a report upon the relative mortality of London and New York. This report is based upon the vital statistics for London for 1886, and of New York, for 1887. The death-rate in the former city is 20 per 1,000; in New York, 26 per 1,000. An analysis of the figures shows that the chief causes of the excess of mortality in New York are diphtheria and croop, diarrhœal diseases, phthisis and diseases of the kidneys. The causes of death which are more common proportionately, in London, are rheumatism and gout, heart-disease and aneurism, cancer, convulsions, apoplexy, brain and nervous diseases, whooping cough and measles. It will be seen that the diseases which cause excess of mortality in the American city affect especially children. On the other hand the excess of deaths from phthisis and kidney disease is due, in part, to the tendency to these diseases of the large Irish population. Foreigners, in general, who bring with them the generous drinking habits of their native lands, show a liability to develop renal and liver troubles. The conclusions of Dr. Tracy are that the excess of mortality in New York, as compared with London, is due chiefly to diphtheria and croup, diarrhœal diseases, phthisis, and kidney diseases; that, if the death-rate from the diseases were the same in New York and London, the mortality from all other causes remaining as at present in both cities, the general death-rate in the two cities would be almost precisely the same; and the overcrowding in New York (19·37 persons to a dwelling, in 1880, as compared with 7·8 in London), and the trying climatic conditions, render it very improbable that the death-rate of this city can ever be reduced as that of London. With regard to the last conclusion, it must be said that, despite its crowded condition, diphtheria is the only zymotic disease which New York develops in great excess. In some years the mortality from scarlatina and small-pox has been greater proportionately in London than in New York.

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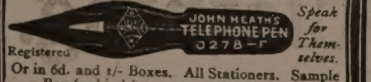


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# The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

## FASHION AND DEFORMITY IN THE FEET.

By ADA H. KEPLEY.

THIRD AND CONCLUDING PAPER.

FIG. 12.—SPLAY OR FLAT FOOT.

THERE are those who believe and assert that an upright carriage of the body is assisted by high heels. A little thought and observation will convince the candid enquirer that this is a mistake. A shoemaker called my attention to the baggy trousers' knees observable in connection with the wearing of high-heeled boots, and said, "Elevation of the heel thrusts the knee forward." The human body should stand erect from the heels upwards, but the projection of the knee makes necessary a bending forward of the whole frame, to maintain an equilibrium. This is undoubtedly one cause of the ungraceful round shoulders and poked-forward head noticeable with so many women and girls.

The shoes of men, as a rule, are not so badly constructed and worn as the shoes of women and children. A larger proportion of men wear custom-made shoes, in which some effort is made to fit the foot. Business men generally have eschewed heels, except the lowest "lifts."

Among soldiers and policemen, foot-soreness is a common complaint, and renders the man who has to endure it unfit for service. It is stated that during the late East Indian wars the native foot-soldiery, when ordered to "march," took off their regulation shoes and hung them on the ends of their muskets, while they went barefoot. Commanding officers reported great loss of men who could not keep up on account of foot-soreness, and were easily picked off by the enemy. A Highland regiment, when ordered to "charge" the foe, took off their shoes and charged barefoot, as they could do more effective work. The regulation shoes interfered with free muscular action. Dowie characterizes the shoe as a "Juggernaut of cruelty," saying it possesses wedge-toes, a rigid waist, high heels, and convex inner soles, and adds: "If a soldier be weak or lame in the feet, he can never apply with advantage the strength of his arm in charging the enemy, or in sustaining a charge, because the foot is that part of the mechanical system or leverage which rests upon the fulcrum, the ground; and, if you weaken the leverage at this important point, the strength of the whole system is reduced."

The opinions of Mr. Dowie on this subject coincide with those of eminent military men. The defects which he enumerated were common in the shoes of our own soldiery during the late war, and were followed with the same results.

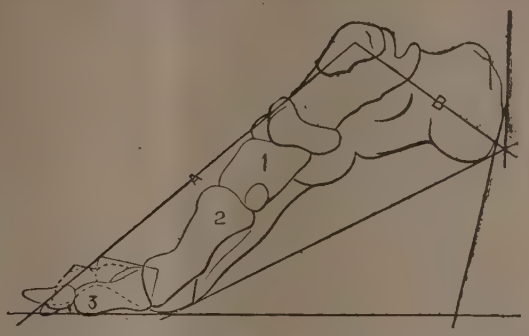


FIG. 13.

It is very hard to find any woman who will confess that her shoes are too tight, too short, or too high-heeled. Her shoes are usually "miles too big," and hurt by their looseness. If women complain of lame backs or aching feet they will be sure the shoes have no part in it; because women are really not aware how they have departed from nature in this regard. The perfect female foot is described by a physician as follows: "It should have great breadth and fullness of instep, a well-marked great-toe, a long second toe, a small little-toe." Woman needs a strong and firm footing, particularly because of her function of motherhood, and yet this perfect foot is the exact opposite of the ideal lady's foot of to-day; narrowness, shortness, and littleness are the qualities that go to make it up; and there are women, if we may believe what is said in the newspapers, who to secure a narrow foot are willing to have the little-toe ruined.

Strange as it is, the American women, while cramping the feet, deny it. The Chinese are more logical. They distort and cripple the feminine foot to a much greater degree, and then sing its praises. Its favourite name, the "golden lily," is well known.

Many of the peculiar ailments under which women pass their days in invalidism, unhappy and miserable themselves and making others unhappy, would vanish or be greatly mitigated if they would but apply common sense to the selection of their shoes. It is very hard to persuade them to reform their habits on this point, but I have never known any woman who had learned the new comfort to go back to the old habit.

No exercise is so healthful and delightful as walking, yet few women can endure it. For to walk in their ordinary shoes is one of the most exhausting labours women can attempt. There is no doubt that by a thorough and careful system of pedestrianism many women would become robust, though now half-invalids. I know of one who walked on an average two or three miles a day, and would spend an hour or two cutting brush, saplings, and small trees, lopping off limbs, hauling brush to gullies and into heaps, and climbing fences. Her garments were warm and loose, her shoes "stogies," big, broad, and low-heeled. Health came as a reward. Another case is of a lady who is a commercial traveller in a large Western State. Her health broke with in-door confinement at school-teaching and book-keeping, and she was advised to try the road, which she did, as agent for a sash, door, and blind factory, and afterward for a paint, oil, and glass establishment. She never misses a day nor a train, dresses

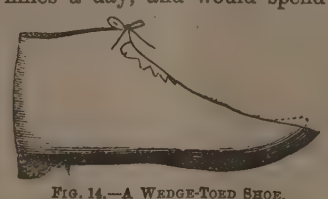

FIG. 14.—A WEDGE-TOED SHOE.

feet and body for comfort, is hearty and well, and earns a large salary.

The feet not only look smaller, but really become so in tight, high-heeled shoes, in consequence of a reduction of the blood-supply. We are told of a Frenchman who invented an apparatus for reducing the size of the nose, and it consisted only of a spring which cut off the supply of blood to the organ. A paper was read at a recent health congress in Switzerland, calling attention to a French style of shoe, which, the author remarked, gave the foot a "hoof-like" appearance. This style is much worn here, and produces a clumping, ungraceful jolt in the gait, tending to induce destructive spinal vibrations.

Probably the worst and most lasting injuries to the foot are produced during childhood, when the bones and cartilages are tender, and the muscles are soft and most sensitive to strains. As a rule, children's shoes are too short and too tight, and no allowance is made in them for the growth which is all the time going on, or trying to go on, in the foot. Evidently an injury cramping the growth at this time cannot be remedied; and if the children have any tendency to become bandy-legged or knock-kneed, badly shaped shoes, especially if they have high heels, will aggravate the evil and make it more lasting.

FIG. 15.—PROPER POSITION OF THE FOOT UPON THE GROUND.

André, an old French writer, is quoted by Camper as saying that high-heeled boots produce curvature of the spine in children. The shifting of the body from foot to foot to get ease contributes to this effect in one direction, and the bending forward of the body to preserve equilibrium in another, while the soft condition of the bones and muscles is a helping influence to it.

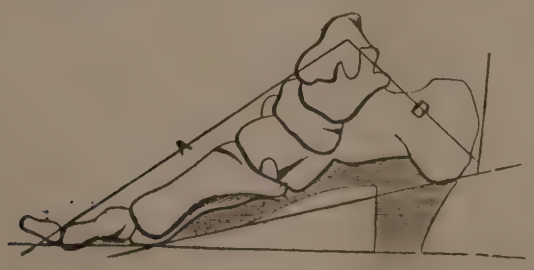

FIG. 16.

It should be remembered, too, that children suffer most from ingrowing nails, caused by short toes. Flat-foot, which is also most common among children and youth, is largely the result of convexity of the inner sole —a too common fault in children's shoes. In such shoes the centre of gravity of the body is thrown out of its relations with the corresponding point in the foot, and eversions take place. The continuous strain between the foot and an improperly fitted shoe tends to produce dislocations of the bones and to weakening of the muscles. Doubtless much of the breaking down of girls at school may be traced to some such cause as this. Boys' shoes, on the other hand, generally have low heels and broad soles, and their wearers are relieved from the special suffering which too vain mothers allow to be inflicted on the feet of their daughters.

The evils to which women are subjected from the causes we have delineated do not stop with the sufferers who induce them upon themselves, but are transmitted to their children, an inheritance of acquired weakness and suffering.

FIG. 17.

Some specimens of the shoemaker's art are shown, to illustrate how far those artists are from adapting their work to what the feet require.

Fig. 17 is the sole of an old lady's shoe, custom-made, for the wearer, suffering from constant aching feet, wanted shoes cut for ease. The heel is correctly cut, but the soles are made convex, or not curved, as the dotted line indicates they should be, to the inner curve of the foot; the toes are narrowed, or rounded, turning the great-toe inward and cramping the rest, and they allow nothing whatever for the elongation of the foot, and would look like stuffed pudding when the feet were in them. They were cut of soft kid, but, except the low heel and the soft material, they had not a single merit. They were cut in exact contrariety to the shape of the feet, and did not bring about the relief that was sought for in them.

Fig. 18 is a sample of an improved cut of shoe for women and girls. These shoes are worn by a small minority at present. They do not altogether escape the

FIG. 18.

FIG. 19.

faults of other shoes; some are wedge-toed; in others the heel is too high; and oftentimes a fault in the sole wrenches or distorts the foot. The best grades of these shoes are too high in price for other than well-to-do people to enjoy them.

Fig 19 is a specimen of the best sort of shoe made for children, but, worn too short and too tight, it will become a means of harm to the tender foot of the child.

It is hard to understand how men and women can endure to wear the present style of pointed-toed shoes and boots. The "corn-crop" is one that never fails, and the prevalent fashion will certainly assure a yield of unusual abundance. The devotee who wore peas in his shoes for penance could make ample atonement for all his sins by simply dressing his feet according to the

mode. The whole subject is worthy of the profound study of the physician, the shoemaker, and the shoe-wearer, all of whom seem to have wickedly neglected it. If men and women, in this period of the revival of the antique, will study the natural and beautiful feet of that era, when the appreciation of physical beauty was most perfectly developed, we may hope for some not-far-distant time when our demand will be for a normal and healthy foot in a natural and comfortable covering, and not for a crippled and distorted, withered, ugly "club," bound in an instrument of torment.

# Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."
—*Charles Mackay.*

## ABOUT CANDY.

By William Sloane Kennedy.

*(Concluded.)*

To return now to our boiled sugar, which we left in the half-cooled pasty or doughy condition produced by 250 degs. of heat. A mass of sugar in this state is the common or basic material of all candies; it is the nodal point of the line, the focus of all the processes. Antecedent to this lump of waxy paste lies a field of waving, tasseled cane, and forth from said lump proceed the thousand fantastic and toothsome dainties that glow in the golden trays of the confectioner's window.

The candy is worked by placing it on a marble slab kept warm perhaps by steam (sometimes an iron plate at one end is kept heated), and having movable iron bars for sides and ends—like the chase with which a printer's "forme" is surrounded. When cool enough to handle, the flavour and the colouring ingredients are worked in. Clear candies are run into pans or trays without being kneaded or pulled; but if a white opaque article is desired, the mass is *pulled* on a hook similar to those seen in butchers' stalls—pulled out, folded, and thrown back over the hook, and again pulled until it assumes a sufficiently white appearance. For stick-candy "A" sugar is used, boiled down with a little cream of tartar to prevent crystallization. The striping of sticks is a very curious thing to see. The operator takes from the warm mass of candy a portion which he colours as desired, then draws it out into long, coarse strips, pressing them into the main mass, which is then rolled into a cylindrical shape, and gradually tapered out smaller and smaller until it is of the diameter of a stick of candy; the mass then resembles somewhat a balloon laid on its side, with its drag-rope extended on the ground beside it. Now, the coloured stripes (having been rolled up in the paste) have been drawn out with the rest and in proper proportion, so that they appear both in the inside and on the outside of the stick as stripes. Sometimes a slight twist is given to the long stick before it is cut by the scissors to the required lengths. The working of candy by kneading or pulling it on the hook separates the particles and increases the bulk, so that the youngster who buys a stick of white candy imagines wrongly that he is getting more for his penny than if he had invested in a clear stick.

Lemon and other drops are now made by machines, which consist of two revolving cylinders, with holes on each sides so arranged as to come exactly opposite each other when the cylinders revolve; the movement of the cylinders forces the candy into these moulds.

The flat, striated cream-sticks of the shops are made simply by working the candy very thoroughly until it acquires the creamy texture. Peppermint-drops are made of granulated sugar and water heated to the boiling-point (but not actually boiled), and afterward flavoured with the essence. White molasses candy is made of "coffee C" sugar, mixed with equal proportions of sugar-house and New Orleans molasses, and a little carbonate of soda; if this candy is poured into trays without working, it forms a fine plain taffy. Nearly all cough-candies are made of boiled brown sugar, flavoured or medicated with anise, camphor, cayenne pepper, and peppermint, in varying proportions. The medicated lozenges, known under the name of troches, pastilles, and pulmonic wafers, contain substances possessing demulcent, sedative, tonic, and often slightly astringent properties. Most bronchial troches are composed of extract of liquorice, sugar, gum arabic, powdered cubebs, and extract of conium.

The delicious cream bonbons, of which the most popular variety is the chocolate cream, form a group by themselves. The materials used are the best loaf or crushed sugar, water, with a little acetic acid or cream of tartar, the whole boiled to the thread degree. The creaming of the mixture, so that it melts in the mouth, is produced by rubbing it back and forth on the marble slab or against the sides of the kettle with a wooden spatula or spoon. Sugar in this state is called *fondant* by confectioners. Owing to the peculiar granular texture of the creamed sugar, it cannot be cast in ordinary moulds without breaking; hence the use of finely-powdered starch for moulds. Plaster models of the shape desired are fastened at regular distances from each other on a flat slab, and when pressed into a tray of the starch-flour produce cavities into which the creamed sugar is then run. The starch easily separates from the bonbons when they are cool, just as the earth mould falls away from the finished iron casting. The candies are also generally shaken in a sieve to remove the starch-particles that may still adhere. If it is wished to crystallize them, they are submerged for ten or twelve hours in properly boiled sugar, with a small portion of alcohol added; when removed they will be covered with sparkling crystals. The chocolate on the outside of chocolate creams is applied by simply rolling the cream-balls in thick fluid chocolate. The chocolate is prepared by grinding it on a hot plate or bed, the heat of which melts the oil in the substance and keeps it in a fluid condition.

Children are often mystified by brandy and wine gum-drops and other *liqueur* drops. The mystery is easily penetrated. The boiled sugar is simply mixed with the brandy or flavoured water, and the whole poured into starch moulds. As the syrup cools on the top and the sides, the sugar crystallizes around the liquor, leaving it safely prisoned within. So, in the case of pure gum-drops not containing liquor, the evaporation of water from the surface of the gum arabic forms a hard crust, which prevents the further evaporation of the interior liquid, for a long time at least. The delicate little aromatic disks known as white lozenges are also made of gum arabic, which is mixed with dry, powdery icing-sugar, the mass then flavoured, rolled flat with a wooden roller, and cut into shape with a tin cutter. In this case the sugar is not even heated or mixed with water at all. Sugar-coated confections, such as sugared almonds, pistachios, and perfumed cherry-kernels, are now generally

made on a large scale by machinery, as follows: The almonds, we will say, are placed in spherical copper pans over a hot fire, and a heavy syrup allowed slowly to drip over them. The pans are heated by steam passing through coils of pipe, and are kept in continual oscillation; the water of the syrup quickly flies off in vapour, leaving the almonds covered with crystals of sugar.

The fruit-pastes sold at candy-shops are prepared by reducing the fruit—be it peach, orange, or quince—to a kind of marmalade, mixed with the exact amount of sugar required. The roots of the marsh-mallow are not often used nowadays in the compounding of the popular paste of that name. This is owing to the unpleasant taste of the roots. The juice or jelly of the apple is employed instead. The other ingredients are gum arabic, the beaten whites of eggs, and flavouring—the whole thickly dusted with powdered starch.

Chocolate caramels are made of gelatin, dairy cream, sugar and chocolate. The delicate molasses chips made for fastidious consumers of confections are compounded of sugar and a little molasses for flavour; their brittleness is simply due to the fact that the syrup is boiled to the brittle or "crack" degree.

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Dressed Vegetables *à la mode* is the title of a most useful little cookery-book by Mrs. de Salis. This is a complete guide to vegetable cookery of high-class type, and many a tit-bit, in the way of tasty *recipes*, may be culled from the pages of this little book. Its chief merits are the clearness of its instructions and the opportunities it presents for an escape from the hackneyed course of ordinary fare. The work is published by Messrs. Longmans, Green & Co.

The Ten Commandments of Music is a useful manual for the development of the voice. It is published at the office of the "Magazine of Music," St. Martin's House, Ludgate-hill, London, E.C., and is compiled and edited by M. Le Roy, from the instructions of Maurice Strakosch, the famous teacher. The instructions are clearly given, and the manual is one likely to prove very useful to all engaged in learning and in teaching singing. The portraits which embellish its pages add to the interest of the work.

Magazines of the Month.—In the *Century* for June interest will be centred in the second paper of the series by Mr. Kennan on the Plains and Prisons of Western Siberia. The description of the Russian penal establishments is most graphic, and the illustrations most artistic. "What we should eat" is one of Professor Atwater's interesting food-papers. *Belgravia* and the *Gentleman's Magazine* continue as usual to present an interesting bill-of-fare. Messrs. Cassell's serials, the *Illustrated History of England* and *Countries of the World*, are as usual interesting, educative works, likely to find a permament place in every library.

A well-known liquid blacking is composed in the following manner: Very finely ground animal charcoal, or bone-black, is mixed with sperm oil till the two are thoroughly commingled. Raw sugar or treacle, mixed with a small portion of vinegar, is then added to the mass. Next, a small measure of dilute sulphuric acid is introduced, which, by converting into sulphate a large proportion of the lime contained in the animal charcoal, thickens the mixture into the required pasty consistence. When all effervescence has subsided, but while the compound is still warm, vinegar is poured in until the mass is sufficiently thinned; then it is ready to be bottled for the market.

# Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

**British Health-Resorts.**—We need to realize, first, that a health-resort has not fulfilled all its duty when it has built fine hotels, secured an impeccable water-supply, and cleansed its drains; and, secondly, that adequate distraction and amusement cannot safely be left to the accidents of individual enterprise, but require united and municipal effort. A health-resort must first be healthy, and secondly attractive. It must aim at securing as many as possible of the conditions which check disease and promote recovery, and it must provide ample and varied relaxation for convalescents and their companions. Nor should it be forgotten that the presence of every invalid entails on an average the presence of two or three others, friends or attendants, who are not invalids. A health-resort which provides sufficient occupation and amusement for this latter class will have gained an additional claim to consideration. While we are still far behind France and Germany in enterprize of this kind, it would be unjust to ignore the great progress which is being made. Southport shows what a pleasant resort can be constructed upon the barest of sandhills, and Bournemouth is a witness of how a pine forest can be transformed into one of the most attractive of sanatoria. Bath, Leamington, and Droitwich are proving that enterprise is not hopelessly dead at the English spas, and here, as always, well-directed effort is reaping its due reward. No British resort has hitherto, so far as we are aware, adopted the plan so general on the Continent of imposing a fixed tax upon all visitors for the development of the locality on the lines indicated in this article. Such an impost would be a novelty in this country, and, perhaps, somewhat repugnant to our prejudices; but a nation that still tolerates tolls upon bridges cannot consistently rebel against a *Kur-tax*. The advantages of such an arrangement need hardly be pointed out. After all has been said, it may be urged that Continental resorts surpass us in point of climate, and that as long as our summers and autumns are prone to be sunless and damp, so long will those who have the means migrate to more favoured regions. Granting this argument some weight, it by no means disposes of the entire question. There can be little doubt that at the holiday season our climate is far more promotive of health than that of many of the most famous sanatoria. From July to October includes the period at which our various classes seek their annual holiday. During July and August sea-bathing is one of the chief ends pursued; and it may be confidently asserted that no marine resorts in the world equal those of Great Britain. Scarborough, Hastings, Brighton, Eastbourne, Ilfracombe, Cromer, Whitby, Llandudno, Tenby, and Barmouth constitute a list that might easily be enlarged, and one to which no Continental country can afford an adequate parallel. Another large class of holiday-seekers is composed of those who require mineral waters and baths, which are usually associated. Now, with one important exception, this country is well provided with natural mineral springs, and it can hardly be denied that in summer or early autumn Harrogate, Buxton, and Moffat are more desirable resorts than the German or Austrian baths. Unfortunately, our springs are deficient in waters aërated with carbonic acid gas, and hence our sulphur and saline waters are apt to prove somewhat heavy and indigestible.

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# A FATAL MISTAKE IN AMERICA.

THE *Cleveland* (Ohio) *Press* of February 23rd, 1883, published an account of a fatal surgical operation which caused a great commotion among medical men throughout the whole country, Dr. Thayer, the most eminent surgeon in Cleveland, pronouncing it scandalous. It appears that a Mrs. King had been suffering for many years from some disease of the stomach, which had resisted the treatment of all the physicians in attendance. The disease commenced with a slight derangement of the digestion, with a poor appetite, followed by a peculiar, indescribable distress in the stomach, a feeling that has been described as a faint, "all gone" sensation, a sticky slime collecting about the teeth, causing a disagreeable taste. This sensation was not removed by food, but, on the contrary, it was increased. After a while the hands and feet became cold and sticky—a cold perspiration. There was a constant tired and languid feeling. Then followed a dreadful nervousness, with gloomy forebodings. Finally, the patient was unable to retain any food whatever, and there was constant pain in the abdomen. All prescribed remedies failing to give relief, a consultation was held, when it was decided that the patient had a cancer in the stomach, and in order to save her life an operation was justifiable. Accordingly, on the 22nd of February, 1883, the operation was performed by Dr. Vance, in the presence of Dr. Tuckerman, Dr. Perrier, Dr. Arms, Dr. Gordon, Dr. Capner, and Dr. Halliwell, of the Police Board. The operation consisted in laying open the cavity of the abdomen, and exposing the stomach and bowels. When this had been done, an examination of the organs was made; but, to the horror and dismay of the doctors, there was no cancer to be found. The patient did not have a cancer. When too late the medical men discovered that they had made a terrible mistake; but they sewed the parts together, and dressed the wound that they had made; but the poor woman sank from exhaustion, and died in a few hours. How sad it must be for the husband of this poor woman to know that his wife died from the effects of a surgical operation that ought never to have been performed. If this woman had taken the proper remedy for Dyspepsia and Nervous Prostration—for this was what the disease really was—she would have been living to-day. Mother Seigel's Curative Syrup, a remedy made expressly for dyspepsia or indigestion, has restored many such cases to perfect health after all other kinds of treatment have failed. The evidence of its efficacy in curing this class of cases is too voluminous to be all published here; but those who read the published evidence in favour of this remedy for dyspepsia do not question its convincing nature. The article has an extensive sale.

Mother Seigel's Curative Syrup is for sale by all chemists and medicine vendors, and by the proprietors, A. J. White, Limited, 35, Farringdon-road, London, E.C., Price 2/6 per bottle.

It has been proposed, and in places successfully attempted, to have some species of natural water artificially aerated.—*British Medical Journal.*

❖ ❖ ❖

**Wasted Sunbeams; Unused Housetops.**—In a recent number of the *New York Medical Record*, Dr. Gouverneur M. Smith makes some extremely valuable suggestions in an article entitled "Wasted Sunbeams; Unused Housetops." He says that human habitations, though erected for the benign purposes of insuring comfort, affording protection, and promoting family privacy, are, unfortunately, often the causes of a number of the morbid ills from which mankind suffers. This fact is true, as relating to the residences both of the rich and of the poor. It is a difficult task to construct an absolutely sanitary dwelling. In nearly every house, however, there are more or less avoidable insalutary conditions, which are undermining the health of each family circle. After describing the advantages of tent-life, and the benefits which accrued to those who lived most of the time out of doors, he goes on to speak of the incompatibility of such a life with the demands of a civilized race, and a rigorous climate. History tells us that certain nomadic tribes in the early ages, finding aggregation and permanency of residence desirable for business and other purposes, built solid structures, and, striking their tents, henceforth dwelt in substantial residences. While the early Orientals had but little knowledge of the exact nature of air and sunlight, they nevertheless believed that fresh air was an important factor in maintaining physical vigour, and that exposure to the solar beams was salutary. In constructing their homes, their architects utilized their housetops, and gave them salubrious plateaus. The roofs, gently declining as watersheds, were covered with either tiles, bricks, or cement, making them as durable as pavements. Beddings of turf, prettily distributed, made these artificial deserts to "blossom as the rose." Dr. Smith asks the question, "Is there any thing either in our climate or state of civilization which prevents us from, in a measure, imitating such ancient, useful, and fashionable airiness?" Our atmosphere is proverbially bright, and many of the severer days are sunshiny. In a great metropolis like New York there are thousands of children and invalids, to say nothing of those in mature years and engaged in the ordinary pursuits of life, who require more fresh air and sunning than is now practical. City yards are small, shut in by tall buildings and high fences; the parks may not be adjacent; and the streets afford ill-conditioned pleasure-grounds. He suggests that it would be no difficult task for architectural ingenuity, assisted by sanitary science, to contrive some method of using the thousands of acres of housetops so that roofs, now so useful in affording indoor protection from cold, sleet and rain, can be made additionally useful at certain seasons by affording outdoor recreation and protection for invalidism. The "solarium" of the New York Hospital, made attractive with its plants, birds, and aquaria, is a potent ally of therapeutics in restoring the convalescents, and at the Hospital for the Relief of the Ruptured and Crippled the contagious sparkle of the sunbeam is found shining in the eye and lives of the young patients.

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"ALL education begins in work. What we think, or what we know, or what we believe, is in the end of little consequence. The only thing of consequence is what we *do*: and for man, woman, or child, the first point of education is to make them do their best."—*Ruskin.*

# Our Bookshelf

"Reading maketh a full man."—*Bacon.*

## AN ATTACK ON HOSPITALS.

*St. Bernard's; the Romance of a Medical Student.* By ÆSCULAPIUS SCALPEL. 2nd Edition: Revised. (London: Swan Sonnenschein, Lowrey & Co.) 1888.

*Dying Scientifically; a Key to St. Bernard's.* By ÆSCULAPIUS SCALPEL. (Same Publishers.) 1888.

THESE two books may fairly be described as constituting a very grave attack on the hospital system and hospital practice of the country. Anything which tends to criticize unfavourably the work of the great medical charities whose labours are regarded by the bulk of mankind as exhibiting a spirit of the highest philanthropy, must be regarded in a serious light. It is a matter of deep concern to find a writer who, like the anonymous author of these two volumes, wielding a powerfully-descriptive pen, sees in the manner of hospital-work a grave scandal. His books, if regarded as depicting truly even one half of the horrors he describes, would be more than sufficient to create a revolution against the treatment of the sick poor in our great infirmaries. We are only too glad to express our opinion that the novel is overdrawn, while the key thereto by no means, in our view, fully justifies the charges the author in his story brings against the hospital system.

We say this much, while we regard both works as certainly presenting food for thought, and probably matter for action on the part of those connected with infirmary management. If the story told in "St. Bernard's" is highly coloured, there are yet parts of the narrative which carry their own moral writ large enough for him to read who runs. In the "Forewords," or Preface, to "Dying Scientifically," the author speaks of the hostile criticism to which his book was subjected. This, as the author remarks, was the natural result of a free ventilation of what he deems abuses in our hospital system. He is himself a medical man. He tells us that he is "entirely orthodox" in his practice, even to sending his patients "their usual six ounces of regulation physic." He believes, however, that all hospitals are "tarred with the same brush"; and his indictment of their defects is both lengthy and strong.

We have no intention of discussing "St. Bernard's" as a work of fiction; suffice it to say that readers will find it realistic, grim, and ghastly by turns. It deals with medical education and with the ups and downs of medical student life. It professes to lay bare, in all its hideous detail, the callousness wherewith, according to the author, the sick poor are treated in hospitals. The idea is forced upon the reader that the patients in our infirmaries are regarded as so many lay figures, to be cut and carved and dosed and otherwise experimented upon for the benefit of the science and experience which, together, are to bring in the fees of rich and well-to-do people who will not submit to be "tortured" for the sake of advancing knowledge. This, in brief, is the charge preferred against the hospital system. We re-echo our words when we say that if even a tithe of what is asserted in this book as true be realities of hospital-life, we should not hesitate to brand these great charities as dens of infamy of the deepest type.

Happily, we believe the author has overshot his mark. If we examine his "key" to "St. Bernard's" we find him justifying his onslaught by giving, in illustration and proof of his assertions in the novel, quotations from

medical journals respecting the treatment of patients. In "St. Bernard's," a physiological surgeon is made to say that so long as the nurses are not allowed to see what a student is about ("nurses are getting so 'cute now-a-days") he may "roam at large over the bodies of any of my clinics." Now, by way of justifying this statement and its succeeding incident that "several poor men and women broke out in great blisters the following morning" (as the result of the students' experimentation), the author in his key makes certain quotations from the *British Medical Journal*. These quotations indicate firstly, that inoculation of a skin-disease had been performed, the inference being that serious results followed to the subjects of the experiment. But the reader is left in doubt regarding the very point whereof he desires proof from the author. There is no evidence that the experiments produced serious or hurtful effects. Our author should have been bold enough to have printed his quotations in full. His blanks and asterisks are suspiciously annoying to the candid reader.

Again, he makes much in the same page of the "key," of the removal of a piece of "skin" from a patient for microscopical examination. Doubtless this sounds very horrible, but to what does it really amount to after all? Probably to the fact that a very fine and very minute piece of the upper skin was shaved off with a razor, giving the patient little pain, or, possibly, no pain at all. This, by the way, is a common feature of private practice, as our author surely knows. A private patient whose physician desires to ascertain with exactitude the precise nature of an intractable or unusual skin-disorder would not hesitate to accede to the request of his medical attendant that the latter should be permitted to remove a minute portion of the skin for the microscope. Yet this natural, simple, and, as regards pain, withal trivial, means of diagnosis, is magnified into the veritable heroics of scientific cruelty by the author of "St. Bernard's." It is an example of exaggeration such as that we have quoted, which is sufficient to raise a like suspicion against the whole book.

We do not defend medicine as an exact science—that it never can be—nor do we maintain either that every detail of hospital life and practice is managed as humanely as it might be, or that physicians have never exceeded the bounds of moderation in experimentation on humanity. To argue so would be equivalent to maintaining that a metaphysician could never be illogical, or that a clergyman should be more than human. Again, we live, it should be remembered, in a world which is anything but a Utopia: a world wherein pain and sickness and sorrow are only too plentifully bestrewed about the ways and the works of men. If the poor are not always treated in our hospitals with that Samaritan consideration which they demand (and for the exercise of which the public, we admit, certainly support these charities) it must be borne in mind that on every hospital staff and on hospital appliances there are a tremendous pressure and strain. The patients, as often as not, outnumber the resources of the charity, and the outcome of this over-pressure is that the hospital does not do all that it might, simply because it cannot.

As far as charges of experimentation on patients are concerned, and as far as absolute cruelty to patients is a matter of assertion, we may simply deny the justice of the spirit in which the author makes his reckless statements. It may be that the effects of a new drug are tried on hospital patients, but is the same thing not seen daily in private practice? Knowing, within safe limits, what the nature of a drug is, it is a perfectly natural, proper, and rational thing that a physician should test its effect in human disease. He knows it will not kill or injure his patient; and we believe too thoroughly in the common humanity of medicine to imagine, for a moment, that if he knew his experiment would retard his patient's recovery, the physician would administer the drug at all. Yet, if we are to believe "St. Bernard's," experiments of this kind are recklessly performed, and operations attempted on dying patients, for which procedure there can not only be no justification, but, contrariwise, the censure and scorn which should follow every honest man's knowledge of a devilish act.

For his inuendoes our author has really been able to find only a few scattered references to clinical experiments, and some of these we have shown to involve no pain, and to be willingly submitted to by patients in all ranks of life. So long as we have to face and cure disease, it is surely not too much to ask humanity to assist the physician in some way by aiding the acquirement of fresh knowledge. While our author is so eagerly intent on slaying public respect for hospital surgeons and medical men at large, he may be reminded that doctors themselves do not shrink from heroic self-experimentation in the interests of suffering men and women. Did he ever hear how Sir Robert Christison once nearly poisoned himself in his anxiety to discern the properties of a new drug? And has he forgotten how, very recently, another courageous doctor inoculated himself with the germs of a grave disease, that he might solve certain problems connected with vaccine lymph in the interests of our children. Whatever may be the errors and faults of medical men, it will be time enough to assent to the abusive criticism of "St. Bernard's" and its "key" when the spirit of heroism and self-sacrifice is proved to have died out of professional breasts. The doctor who, at the risk of his own life, sucks the poison of diphthera out of a tracheotomy tube to save the life of a little child, is himself a standing and all-effective reply to books such as those under review.

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THE Belgian National Society of the Red Cross have conferred the honour of membership, with the Cross of Merit, upon Mr. C. B. Harness, the Medical Battery Company's consulting medical electrician. Mr. Harness has also recently been elected President of the British Association of Medical Electricians, and is a member of the National Eclectic Medical Association.

REDUCING OBESITY.—The Detroit *Lancet* describes the four plans for reducing obesity: The eating of nothing containing starch, sugar, or fat, called the Banting system; the eating of fat, but not sugar or starch, called the German Banting; the wearing of wool and sleeping in flannel blankets instead of sheets, or the Munich system; not eating and drinking at the same time, or rather, the allowing of a couple of hours to intervene between eating and drinking, the Schweninger system.

A TRAVELLER in Norway says that the horses in that country have a very sensible way of taking their food, which, perhaps, might be beneficially followed here. They have a bucket of water put down beside their allowance of hay. It is interesting to see with what relish they take a sip of the one and a mouthful of the other alternately, sometimes only moistening their mouths, as a rational being would do while eating a dinner of such dry food. A broken-winded horse is scarcely ever seen in Norway, and the question is if the mode of feeding has not something to do with the preservation of the animal's respiratory organs.

# IMPORTANT ANNOUNCEMENT.

## BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we take the opportunity afforded by the COMMENCEMENT OF A NEW VOLUME to offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer :—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor*.

# Our Letter-Box

**"Conference [maketh] a ready man. —*Bacon.***

### *NOTICES TO CORRESPONDENTS.*

***All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. Those intended for the Publishing Office to be sent to MR. A. P. WATT, THE PUBLISHER, at the same address.***

# LETTERS TO THE EDITOR.

## SHOULD WE SLEEP AFTER DINNER?

SIR,—An answer to the above question has been given in the negative, by Dr. Andrew Wilson, in an article in your issue of the 25th May. Dr. Wilson quotes from the writings of Dr. Felix S. Oswald, of America, who considers sleep after dinner natural and beneficial. The two writers are in accord as regards the desirability of rest, but the former draws the line between *rest* and *sleep*. As I am not a medical man, I cannot expect my opinion to carry much weight. But, "When doctors differ who shall decide?" Dr. Wilson states: "As far as my experience goes, I have rarely met with a case wherein a genuine working man, taking his noonday or one o'clock dinner, indulges in a tendency to sleep." My own experience has been in the opposite direction. Agricultural labourers, for instance, more especially the younger lads and the men who do not smoke, almost invariably eke out the dinner hour by sleeping whenever the surroundings are favourable to repose. This fact is the more firmly impressed on my memory by the many tricks I have played in the days of my boyhood, such as exchanging the hats of the sleepers, closing the barn doors and leaving them in darkness, or slipping a running noose with the waggon rope round the leg of the ploughboy. These children of nature drop off to sleep like infants, and sleep, as we say, like a top. It is the more educated man, the thinking man, or the man harassed with business cares, who cannot so readily compose his mind to rest. Dr. Oswald says: "After a full meal cows sleep in the tree-shade and wolves in their den." It is well known that all carnivorous animals rest and sleep after their gorge." But the cow does not retire to the tree-shade to sleep but to escape from the flies. Herbivorous animals, such as the horse, the ox, and the sheep, will roam about nearly the whole day, grazing and digesting as they go. When they lie down it is to rest but not to sleep; and it is a very rare thing to see one of these animals with closed eyelids in the daytime. The reason is obvious. Vegetable food is less concentrated than carnivorous food, and does not require the aid of sleep in the process of digestion. The cow will frequently lie down while chewing the cud. Dr. Wilson further states: "In man, digestion is an act naturally performed during waking and not during sleeping hours." On this point I must beg to join issue. Digestion certainly goes on during waking hours. Carnivorous animals, accustomed to sleep after feeding, will, if prevented from sleeping, digest their food, but probably not so perfectly nor so rapidly as when sleeping. It has been pointed out that, after a full meal, the blood rushes to the centre of the system to assist digestion, which accounts for the slight sense of chilliness we feel after dinner. This chilliness is a healthful sign, showing that the blood is in good circulation. If we now take exercise we draw the blood away into the limbs and from those parts where nature has directed it. In resting we aid digestion. But by keeping awake and exerting the brain we rob the digestive organs, by the determination of blood to the head, of the full benefit they would gain by sleep. Man has been said to have a twofold existence, partaking of the animal and the vegetable. His animal nature comprising the brain, limbs, voluntary muscles, and movable parts governed by the will, rests during sleep. But his "vegetable" nature is never at rest, waking or sleeping. From the moment of his birth until his death the heart never ceases to throb, the pulse to beat, the lungs to breathe, nor the liver, kidneys, and digestive apparatus to perform their functions. We are conscious of this on waking in the morning after a sound sleep on a late supper. The load has passed away and appetite has returned. The kidneys, we know, are particularly active during sleep. As the vegetable grows to perfection by the laws of nature, so the boy grows to manhood without the exercise of his will. The frequent and prolonged sleep of infancy would seem to point to the conclusion that the growth goes on during sleep.

But as to the advisability of the after-dinner nap, perhaps no hard and fast line can be drawn, as so much depends upon constitution. To quote my own case. I am a man some years on the shady side of fifty—not very strong, but fairly healthy. I cannot find the opportunity, nor can I spare the time during business hours, to sleep after a midday meal. But on Sundays it is my usual custom to take a nap after dinner. On waking, I take tea, and then, when weather permits, I get behind my pipe and take a ramble of some ten or twelve miles round the suburbs of northern London. This I do without fatigue. But it occasionally happens that I cannot compose myself to sleep, and then my evening walk is a very different thing. I am about as tired as on other evenings during the week. But when I have had a good nap I arrive home so fresh that I often wish time permitted me to repeat the dose. My experience seems to point a moral. If the nap refreshes you, take it when you can. If you awake flushed, or with a headache, or feel great depression, do not indulge the habit. In the case of

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(TRADE MARK.)

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FORTY MEMBERS of the
ROYAL COLLEGE of PHYSICIANS of LONDON.

### RECENT TESTIMONIALS.

GALVANISM *v.* NEURALGIA and GENERAL DEBILITY.
9, New Barn-street, Rochdale, 29th May, 1888.
Dear Sir,—It is with very great pleasure that I inform you of my daughter's complete recovery.
It is now three months ago since I purchased your galvanic appliance for Neuralgia and General Debility for my daughter, who had been under five different doctors, but nothing gave her relief. However, your treatment has effected a speedy and complete cure; and hoping that someone may benefit from reading this testimonial. Yours truly, ANNIE SHAW.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS DEBILITY and PAIN IN THE BACK.
Lawn Farm, Gillingham, Dorset, May 25th, 1888.
Dear Sir,—I am pleased to certify that your Galvanic Belts have done me an immense amount of good.—Yours respectfully, (MRS.) J. DOWDING.
Mr. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* LUMBAGO.
147, Avenue-Parade, Accrington, May 14th, 1888.
Gentlemen,—It affords me pleasure to bear testimony to the great benefit I have derived from wearing your Galvanic Belt for Lumbago, which I purchased some weeks ago.
I have been a great sufferer, and I could not have believed that so great a change could be effected in so short a time.
My general health is also greatly improved.—Yours truly,
Messrs. Pulvermacher & Co., 194, Regent-street, W. T. SIDGREAVES.

GALVANISM *v.* SCIATICA.
35, George-street, Cathays, Cardiff, May 13th, 1888.
Sir,—Some years ago I bought one of your Galvanic Belts, as I was suffering from Sciatica in a very bad form, and was laid up for about nine months.
I am pleased to say, after wearing your appliance for a short time, I derived great benefit, and ultimately it quite cured me, and I have been able to work ever since.—Yours truly, T. FRY.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* INDIGESTION AND NERVOUS DEPRESSION.
Tonypandy, Pontypridd, May 4th, 1888.
Dear Sir,—Some time ago I purchased a combined Belt from you. I was then suffering the miseries of indigestion, and was very weak, depressed, and languid. To eat was a trouble, and to walk two miles wearied me.
After using your Belt for a fortnight or so, the indigestion was almost entirely gone, and my strength and general tone rapidly improved. I then purchased your Battery to use with the Belt, and with very beneficial results.
I can now eat, walk, and work with great freedom; and, by God's blessing, your appliances have certainly wrought a most happy change in me. I confidently recommend your treatment to other sufferers.
Yours very sincerely, (Rev.) F. D. DENT, Wesleyan Minister.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* SLEEPLESSNESS AND NERVOUS EXHAUSTION.
Castle-street, Bolsover, May 1, 1888.
Dear Sir,—I have no hesitation whatever in saying that your treatment has been a great comfort and help to me. I have worn the Belt regularly for some time, and the result has been a marked increase of strength and vitality, and I also have enjoyed more natural sleep at nights than for a long period before.—Yours faithfully, L. PARKIN.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS WEAKNESS.
Toulon-vale, Guernsey, 28th April, 1888.
Gentlemen,—I am pleased to say I have derived much benefit from your Galvanic Belt already. My skin is now clear and soft, and my face is quite free from pimples.
My nervousness is very nearly gone, and my health and strength is greatly improved.—Yours sincerely, HY. F. GREEN.
Messrs. Pulvermacher & Co., 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
The distressing symptoms of Nervous Exhaustion and Debility are speedily removed by means of PULVERMACHER'S world-famed GALVANIC BELTS, which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

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a man who is gouty from over-indulgence, or is too full-bodied or full-blooded with a tendency to apoplexy, the nap may be injurious or even dangerous. But this is just because the man is not healthy. He who can sleep well after a good dinner and awake refreshed is the healthier man. This is my own case, and I should still believe the evidence of my own senses, although the entire medical faculty were arrayed against me. A slight languor on waking need not be taken as a sign that the nap is not beneficial. It is after tea that the full benefit will be felt, just as it is after breakfast that we more fully appreciate a good night's rest. Dr. Wilson cautions us against "approaching lower life in respect of unnatural torpor after food." But the torpor of the brute creation is not unnatural; it is natural. It is reasoning man who errs, as witness the opposite conclusions of the two medical men in question. One may be right, but one must be wrong. But the lower animals are led by an all-wise and unerring instinct in the course which their nature requires; and man might often profit by culling a leaf out of the book of nature and being guided by its precept and example.—I am, sir, yours, &c.,

*Highgate, June 4th*, 1888. SANITAS.

[The remarks of my correspondent are highly interesting if they are also somewhat discursive in character. Certain of his statements are easily traversed and disposed of. His remark that ploughmen and labourers, in the country, sleep after their meals appears to me to be a special and exceptional case. These men rise at a preternaturally early hour, as compared with the town worker, and their labour, conducted out of doors, and often in the blazing sun, predisposes to sleep. The life of such men is, in its way, more allied to the lower animal existence than that, say, of the mechanic, and this fact simply supports my argument and contradicts that of my correspondent. A parallel instance of what a country life may effect, in the case of its votaries, is seen in the more rapid process of excretion and tissue-change in those living an open-air existence, when compared with the town-dweller. The former, for example, will imbibe, apparently without harm, enormous quantities of alcohol during a long series of years, a result due to the perfect oxygenation of his blood and to his active habits. If "Sanitas" contends for the country life as the more "vegetative" and more "natural" existence, I may retort that he is correct enough, but that his views in turn only support my opinion, that in the preferably higher existence of educated man it is *rest* we need both before and after meals and *not sleep*. The argument of "Sanitas" regarding the lower animals has already been disposed of in my article to which his letter is a reply. A man is neither a cow, a horse, a lion, nor a hyæna, and I apprehend that my correspondent is not serious when he attempts to argue that we are to translate human life (in its typical sense) by and into the terms of lower existence. His argument that because liver, kidneys, &c., perform their work continually, digestion may, therefore, be normally active during sleep, is opposed by a very important fact, namely, that the stomach is not always working, while even the liver stores up its bile when that fluid is not required for digestion. If the argument that sleep is natural after meals be held to be a good one, it might be logically pressed home to the effect that the whole process of nutrition should be one conducted during somnolence. Why sleep after dinner alone? and why should we not have been constituted so as to save waking hours for work, and so as to allow nutrition to be a purely automatic act, carried out during sleep? This may seem a far-fetched idea, but it is really the simple extention onwards of the argument of "Sanitas." When we require to exercise care in food and feeding, when active voluntary movement of the jaws is a necessity of nutrition, for example, it is too much to suggest that digestion is altogether the "vegetative" process "Sanitas" contends for. His remark on the relative nature of the subject savours highly of wisdom. He himself enjoys his after-dinner sleep; but then he is "on the shady side of fifty." What can be said on the other hand of my own experience, namely, that if I fall asleep after dinner I awake miserable, experiencing a feeling of over-repletion (although my meal has been of very moderate kind), and feeling that digestion has been interfered with to a great extent? Relative to the *individual*, the after-dinner nap may be, and is, either pleasant or hurtful; but my argument was, and is, that the natural course of healthy human life is that of rest after dinner and not sleep. The man who sleeps after his meal exhibits an adaptation to a habit induced, as I have shown, by age, food, alcohol, work, and general life-conditions—he shows, in other words, a modification of what is general and natural, namely, *rest*, into that which is special and, to man, unnatural, namely, *sleep*. The torpor of the brute creation may be natural, as "Sanitas" remarks, and as I admit; but man is not a brute, and his mental life and nerve-habits place him entirely outside and beyond the lower animals. On these grounds, I contend, I have proved my case—that *sleep* after dinner is unnatural in man, as *rest* is both natural and beneficial.—ED. H.

## SLEEPING AFTER DINNER.

SIR,—It may interest your readers to know what one of the highest authorities on food and digestion—Dr. Pavy—says regarding the practice of sleeping after dinner, which you have so roundly and soundly condemned in a recent number of HEALTH. In his classic book on "Food and Dietetics," Dr. Pavy inquires (after advising rest before meals and avoidance of active exertion after a full meal) "if sharp exercise after a hearty meal is to be avoided, is it desirable, it may be asked, to encourage the inclination for repose, and allow indulgence in a *siesta?*" To this question Dr. Pavy then replies as follows:—"A short and light nap after dinner will not be sufficient to do any harm, but if the nap is permitted to lapse into a profound and a prolonged sleep, unquestionably a retarding influence is exercised upon digestion, and a prejudicial influence upon the stomach. However agreeable, therefore, it may be to gratify the desire for a nap, if there is danger of its passing into a lengthy and heavy sleep, it is well to have recourse to some light mental or bodily employment, whether under the shape of one of the various games of amusement, as billiards, bagatelle, cards, chess, &c., or otherwise to obviate its occurrence. But, with a natural state of things, there ought to be no strong desire for sleep after a meal. If there be such, it may be concluded that some fault exists: either the meal has been excessive, in consequence of yielding to the gratification of the palate, or of eating largely to make up for a too prolonged fast, or else the digestive power is below the healthy standard."

From these remarks, it will be seen that Dr. Pavy agrees substantially with your remarks in HEALTH. There is only one point in Dr. Pavy's words with which it is easy to disagree, and that is where he suggests *chess* as an after-dinner relaxation. Chess as a mind-absorbing game is not a relaxation at all, and should not be indulged in where mental ease is desirable. The frequency of headache and lassitude in chess-players is, I believe, proverbial.—I am, yours, &c.,

X. Y. Z.

## QUERIES AND ANSWERS.

### REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

EBOR.—We have no confidence whatever in the appliances you name. Your better plan is to consult a good aurist and be guided by his advice. We can send you address of such, if desired, on receipt of stamped addressed envelope.

H. J.—1. You may give the child a little meat or boiled white fish daily; at her age, such diet is indicated. For the constipation, administer a little glycerine occasionally. The Cascara should be continued, and also the diet you indicate, which is excellent in its way. Try, also, massage to the abdomen each morning, rubbing the skin-surface with warm oil. 2. Try the lotion recommended to "Bald-head" in HEALTH, No. 267, and if not bettered, write again.

MILL.—Try the Winter Cream made by Mr. Borthwick, Chemist, Selkirk, as an excellent application for the skin-roughness you describe. If not cured, write again. See that you keep free from chills.

AMICUS.—Lime water is made by adding slaked lime, two ounces, to a gallon of water contained in a stoppered jar. Shake the jar for a few minutes, and then allow its contents to settle. After five or six hours the undissolved lime will have fallen to the bottom, and the clear water above may be syphoned off for use. The bottle must be kept well stoppered.

ROBERT HAY.—If the tonic you are taking now does not suit, try the Vin Mariani (Roberts & Co., Chemists, New Bond-street, London, W.) after meals twice daily.

MATRON.—Wash the floor and woodwork frequently with carbolic acid and soft-soap as a remedy for the insects. The floor might also be sprinkled with a solution of carbolic acid and water (one to forty of water, say) night and morning.

MARX.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.), and attend to the directions there given as to tonics and cold sponging each morning.

O. O.—Take fifteen drops Fer Bravais in water after your meals thrice daily; avoid beer and all stimulants; try the Pitkeathley Water; and avoid much flesh food. Take vegetables in plenty; and let us hear the result of this treatment.

M. A.—Wash the hair twice or thrice weekly for a time with a pint of hot water (soft) in which a piece of lump ammonia the size of a Brazil nut and a slightly larger piece of borax has been dissolved. Allow the fluid to cool and use as a wash.

ALICK.—Try the following for the hair: Bay rum, two ounces; glycerine, two ounces; tincture of cantharides, one drachm; oil of bergamot, half a drachm; sulphate of quinine, ten grains; water, four ounces. To be used every morning, and to be rubbed into the roots of the hair, all other oils and pomades being avoided. Use a soft brush only, and wash the hair once in a week or ten days, at night, with Bayley's Spermaceti Soap and tepid water.

A. P. P.—For chapped hands use the following: Glycerine, one ounce; rose-water, half an ounce; carbolic acid, ten grains. Mix, and apply night and morning.

NINEPINS.—Use the following lotion, to be applied with a piece of lint, and allowed to dry on the parts: Powdered calamine (Ver), two drachms; powdered zinc oxide, one drachm; glycerine, one drachm; camphor water, to make up six ounces. Label, "For external use only."

GEORGE P.—Inhale, at bedtime, the vapour of a pint of hot water to which a teaspoonful of Friar's Balsam has been added. After your meals, take a dessertspoonful of Scott's Cod Oil Emulsion with Hypophosphites, thrice daily, as a general strengthening measure.

NIP.—Avoid chills, which are the cause of your symptoms; and use a little Winter Cream as an application to the skin; and eat plenty of vegetables as part of your diet.

LEAH.—Superfluous hairs can only be satisfactorily removed by electrical means. Read the article on this subject in HEALTH, No. 149. We can send, if desired, on receipt of stamped addressed envelope, address of a specialist who removes hairs in this way.

SUPER.—Try Twyford's National or Unitas, which is made in one piece, and easily cleansed.

G. A. P.—Try a vegetable dietary—stewed fruits, apples or oranges, &c., and whole-meal bread, with Scott's Oat Flour for supper and breakfast; avoid tea and coffee; take Cascara Cordial, twenty drops in water, between meals, once or twice daily. Sponge with cold water each morning; sleep on a hard mattress; take plenty of open-air exercise, and avoid fluids and suppers late at night.

E. C.—Try Dahl's Cakes as a remedy for constipation—see advertisement in our pages.

AMERICAN.—Try the following lotion, a teaspoonful to be used in a wineglassful of warm water, every morning as a mouth-wash. It will restore firmness to the gums when the teeth are loose:—Tannin, one and a half drachms; iodide of potassium, twelve grains; tincture of iodine, one drachm; tincture of myrrh, one drachm; rose-water, to six ounces. Directions to the druggist are that he dissolve the tannin and potassium iodide in the rose-water. To this add the tinctures, and strain.

E. M. A.—Try the effect of taking a little Bokŏl with your dinner each day.

## THE DUTY OF THE PRESS.

*(From the "South Birmingham News.")*

IF there is any special duty which falls to the lot of the Press, it is to commend and endorse that which is discovered to be meritorious and worthy, whether it be concerning persons or things. A striking illustration of this duty of commending the truly valuable has just come under our notice, and is here published for the benefit of our readers. "At 18, Lower Fazeley-street, Birmingham, lives Mr. W. Long, a smart-looking young man under thirty years of age, with a remarkably bright and intelligent face. Mr. Long is employed at Mr. Lyndon's spade manufactory, in Birmingham. His usual work is what is technically known as "facing"; but he also does "drawing," which is a very laborious occupation, and necessitates exposure to great heat. Ever since last autumn, the work there has been very busy, and the hands have been working overtime. The long hours, hard work, and extreme heat to which Mr. Long was subject finally proved too much of a strain, and he was taken ill. He lost all spirit, his mouth became badly ulcerated, and he suffered from excruciating pain in the back. Speaking of his recovery, Mr. Long said: 'One day, while sitting at home, a man left a little book, and, having nothing to do just then, I began to read it. I soon got interested, and determined to give Warner's SAFE Cure a trial, being convinced that if it did me no good it could do me no harm. I commenced taking it in small doses three times a day, and soon perceived that it was doing me good in several ways. I had more spirit and less pain, my appetite returned, and I felt much better in every way. I continued with the medicine, and was very soon a different man. I can work to-day, and as well and with as little fatigue as ever I could in my life, and I owe my recovery to Warner's SAFE Cure.' Such is the story of Mr. Long, as related by him to the Editor of the *News.*" The world is full of people who are suffering from the same great evil which undermined his health. Mr. Long felt it his duty to reveal the means that restored him to health, and the Editor of this paper believes it is clearly his duty, as an educator of the people, to make this case known to the public.

LEONARD MACRAE.—1. We have no confidence in any such preparation as that you name. Consumption cannot be cured by such means. It is easy for any quack to say a case is one of consumption, and to profess to cure it. The proof of his statements is a very different matter. 2. Warner's Cure is an excellent remedy in many cases of kidney ailment.

C. D. MORE.—See and follow advice given to "G. B. L. C." in HEALTH, No. 268, and if not bettered, write again.

J. D. N.—What you complain of will probably be relieved by your taking a hot hip-bath at bedtime occasionally, and thereafter rubbing the lower part of the back with St. Jacobs Oil as a suitable liniment. If the pain is very severe, take at bedtime twenty grains bromide of potash in a wineglass of water.

E. PRIEST.—Wash the feet night and morning with warm water, and dust on them Woolley's Sanitary Rose Powder after washing.

PAOLO. — Avoid much flesh-food, take plenty of vegetables, and drink freely of Pitkeathly Water, advertised in our pages.

YETHOLM.—Wash the affected parts regularly morning and night with Bayley's Spermaceti Soap, dusting thereon afterwards Woolley's Sanitary Rose Powder, Avoid constipation by regular diet and the use of Dahl's Cakes (advertised in our pages).

SUPPOSITUS.—To cure your ailment, look well to the teeth, and use Dr. Pierre's preparations as advertised in our columns. The Eau Dentifrice makes a capital mouth-wash.

E. A. M.—Try the plan of smearing pure laudanum with the fingers over the irritable surface. A useful application for such a sore is an ointment made by incorporating one part of laudanum with three or four parts of cold cream.

E. WATSON.—Dr. Pierre's Eau Dentifrice should be used night and morning by you as a mouth-wash, and the Tooth Powder of Dr. Pierre for the teeth. These preparations prevent tooth decay. Use a brush of moderate hardness and tepid water.

ALGA.—Bayley's "Pommade Divine" is an application which should be tried for the relief of the pain after bruising—17, Cockspur-street, Pall-mall, London, W. It is an excellent remedy.

DICKY. — No respectable medical man advertises in the newspapers. If you wish address of a reliable London surgeon, see Rule 4 to correspondents at top of "Letter-box" page.

NEPOS.—During the day allow a tabloid (Burroughs, Wellcome & Co.'s—to be had of all druggists) of chlorate of potash and cocaine to dissolve in your mouth occasionally. At bedtime inhale the vapour from a pint of hot water to which a teaspoonful of Friar's Balsam has been added.

Certain HARNESS' Cure.
ELECTROPATHIC BELT
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Mrs. HAWKEY, 43, Naylour Street, Caledonian Road, London, N., writes:—"*Harness' Electropathic Belt has completely cured me of the extreme debility and exhaustion, accompanied by painful hysteria, defective circulation, and periodic irregularity.*"
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52, OXFORD ST., LONDON, W.
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Call to-day, if possible, or write at once

J. L.—A remedy for corns may be tried as follows:—Extract of Indian hemp, fifteen grains; salicylic acid, thirty grains; collodion, one ounce. Mix. To be labelled, "For outward use only," and to be applied to the corns with a brush.

ETON.—The sebaceous glands of the skin are minute glands which secrete an oily matter. Their function is probably that of supplying a "natural oil" to the skin. Sebaceous glands, when filled up constitute "blackheads."

BIX.—Take a claret glass of Vin Mariani (Roberts & Co., New Bond-street London, W.) before your meals twice or thrice daily, as an excellent tonic for your case; and try a tepid sponge bath each morning.

CAMLET. — 1. If the result you name follows from the diet mentioned (a doubtful sequence, in our opinion), the food must contain some injurious properties. Better to avoid the food entirely. Possibly, you may have a special susceptibility to such foods. 2. Use a chloride of ammonium inhaler (Messrs. Burroughs, Wellcome & Co.'s, Snow Hill-buildings, London, E.C.). 3. The substances you name tend to bleach hair. Apply for information to the French Hygienic Society, 56, Conduit-street, London, W. [Please note that the correct address of HEALTH office is 2, Paternoster-square, London, E.C.]

AMHARA. — Apply a little pure white vaseline to the parts each night. If this fails, try Bayley's Pommade Divine (17, Cockspur-street, Pall-mall, London, S.W.).

DOMESTICUS.—What you name probably depends on the low state of your general health, which has interfered with the nutrition of the hair. Internally, take fifteen drops Fer Bravais after food in water thrice daily, and apply to the French Hygienic Society, as above noted in reply to "Camlet," for a harmless hair dye. This Society will also advise you regarding the proper treatment for your hair. We shall be glad to advise you again if not bettered. Remember that your hair-troubles will probably only cease when your general health is restored.

TWELFTH NIGHT.—1. Better to give the child Mellin's Food (advertised in our pages), which is specially adapted for a case such as you describe. You must cease giving isinglass, which is hurtful. 2. What is the manna required for? If you will inform us on this point we will reply to your inquiry.

J. H. WHITE. — See advice given to "Highton" in HEALTH of last week. Avoid late suppers, cheese, salt meats, and other indigestible foods.

AKKO.—Wash the parts with Bayley's Spermaceti Soap (17, Cockspur-street, Pall-mall, London, S.W.), and apply night and morning the lotion recommended to "39" in last week's HEALTH. Write again if not relieved. If you drink coffee, avoid that beverage.

STELLA. — Rowing, in moderation, will not be likely to do any harm. Avoid any excessive exercise, however, and continue your total abstinence habits.

SPA. — [Note that HEALTH office is at 2, Paternoster-square, E.C., your letter was erroneously addressed]. Yours is a case with which we have all sympathy. The medical man who advised you to the course you mention, acted against the ethics of his profession, and laid you open to serious risk had you followed his counsel. We advise you to read the pamphlet "A Lecture to Young Men" (post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.), and note the advice and directions it contains. Take plenty of outdoor exercise and have (as a condition necessary therefor) the ailment you name cured. Try Bayley's Cure (17, Cockspur-street Pall-mall, London, S.W.) and write again, if not bettered.

A. TAIT.—For the cure of constipation, try the following treatment:—Take twenty drops of Cascara Cordial in water an hour before food, twice daily, and then once daily, as may be required. Follow up the effects of this remedy by care in diet, so as to be able to leave off the Cascara Cordial in due time. As for diet, avoid tea, coffee, salt foods, pastry, and cheese.

M. Y.—You may find the following mixture do you good:—Carbonate of ammonia, one drachm; bicarbonate of potass, a drachm and a half; infusion of chiretta, six ounces. Mix. A tablespoonful thrice daily before food.

LOTUS.—See "Note by the Way," regarding a freckle cure, in HEALTH, No. 148. Another plan is that of touching the freckles with a crystal of common nitre.

MARTHA C.—Fairchild's Pancreatic Extract (Messrs. Burroughs, Wellcome & Co., Snow-hill, London) should be tried. Take milk which has been peptonized in this way, stale bread, white boiled fish, meat soups made with Brand's Beef Preparations, and see that you rest after your meals.

P. H.—Read the pamphlet, "A Lecture to Young Men," post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C., and follow out the directions therein given as to diet, &c.

AGGIE.—Wash the affected parts with Bayley's Spermaceti Soap only till you are well, and apply the following paste night and morning: Resorcin, one drachm; lanoline, vaseline, zinc oxide, and powdered starch, of each, two drachms. Mix, to form a paste.

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